



30-Day Quick Diet for Men

Gail Johnson, Ron Hill Jr

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This eBook contains two 30-day diet plans: an 1800-Calorie diet and for even faster weight loss a 1500-Calorie diet. You'll be surprised not only by what you can eat - but also by how much you can eat. Enjoy pasta, pancakes, swordfish, hamburger and more.

The 30-Day Quick Diet is perfect if you want to lose 15 to 20 pounds. The eBook contains 30 days of fat-melting meals with daily menus and weekly food shopping lists. The author has done all the planning and calorie counting - and made sure the meals are nutritionally sound. The 30-Day Quick Diet is another sensible, flexible, easy-to-follow diet from NoPaperPress. And because the 30-Day Quick Diet is not a fad and does not rely on gimmicks it will be as valid 10 or 20 years from now as it is today. In fact the 30-Day Quick Diet is timeless!

Most men lose 15 to 20 pounds. Smaller men, older men and less active men might lose a bit less, and larger men, younger men and more active men often lose much more.

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The Best Weight-Loss Diets
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Eating Out
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- Day 3 Meal Plan
- Day 4 Meal Plan
- Day 5 Meal Plan

Days 6 to 25 intentionally omitted

- Day 26 Meal Plan
- Day 27 Meal Plan
- Day 28 Meal Plan
- Day 29 Meal Plan
- Day 30 Meal Plan

1800 CALORIE DAILY MEAL PLANS

- Day 1 Meal Plan
- Day 2 Meal Plan
- Day 3 Meal Plan
- Day 4 Meal Plan
- Day 5 Meal Plan

Days 6 to 25 intentionally omitted

- Day 26 Meal Plan
- Day 27 Meal Plan
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- Day 29 Meal Plan
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RECIPIES & DIET TIPS - Day 1 Recipe: Chicken with Peppers and Onions

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APPENDIX A Calories In Foods

APPENDIX B Frozen Food Safety

APPENDIX C: Microwaveable Soups

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Kyle Coffman:

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